

Office of Family Violence

801 E. Main Street, Richmond VA 23219

<http://www.dss.virginia.gov/community/dv/>

Special Topic- Start By Believing

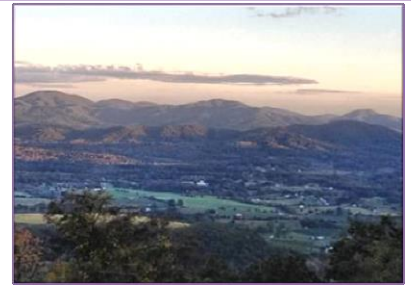
The first large-scale Start By Believing (SBB) event is taking place in Virginia. SBB is a national sexual assault awareness campaign that strives to change the public's response to victims of sexual assault. For more information about the campaign: click [here](#). **You can participate in four ways on April 21st:**

1. **You can volunteer.** From 10am-11am, volunteers will be at locations throughout RVA handing out informational cards and asking people to take the pledge. To volunteer, please email rvabelieves@gmail.com. The first 500 volunteers will receive t-shirts to wear on event day.
2. **You can take the pledge.** On April 21st, go [here](#). When you take the pledge, please include **#rvabelieves**. The national organization will be counting the number of Richmonders who take the pledge by counting **#rvabelieves**.
3. **You can take your picture with the pledge card.** Then email it to rvabelieves@gmail.com. Pictures will be posted on a special Richmond SBB Facebook page.
4. **You can connect on social media and spread the word.** Check out our Facebook page: [here](#). Follow us on twitter at [@rvabelieves](#).

Please help spread the word!!

Fundraising- Project Horizon

Expanding, renovating or changing facilities need not always involve an extensive capital campaign followed by months, or even years, of construction. One program is taking advantage of a unique program to expand their facility. The [VMI Timber Framers](#), along with the [Timber Framers Guild](#), and many other individuals and groups, began constructing a timber frame expansion at Lisa's House, the home of [Project Horizon](#). From March 20–27, the project operated under the Guild's hybrid instructional/production rendezvous model. Entry level framers received seven days of concentrated instruction in return for a \$250 (tax deductible) donation to Project Horizon. Additionally, more experienced framers were invited to join in for part of the twelve-day project. All students and volunteers were fed, housed, worked hard and rewarded with companionship and the satisfaction of doing good work. Follow the project [here](#).



Funding Opportunities

The **Office of Family Violence** released a Request for Proposals (RFP) that is open to currently funded and new programs. Please check the Virginia Dep. of Social Services website [here](#), under General Information, or [here](#) and do a keyword search for “domestic violence.” Applications are due on April 15th by 5PM.

[Enhanced Collaborative Model to Combat Human Trafficking Competitive Solicitation](#)

OVC and BJA will jointly award between \$600,000 and \$900,000 to law enforcement agencies and victim service providers to work collaboratively to develop and enhance multidisciplinary human trafficking task forces that combat sex and labor trafficking of foreign nationals and U.S. citizens of all sexes and ages.

Upcoming Training

April 6th 1-2:30PM Central

[Suicide and DV: Where Science and Practice Meet](#)

This webinar will review the research demonstrating the links between experiencing DV with increased risk for suicide and suicidality among women as well as addressing the increased risk for homicide of battered women followed by suicide of a male partner.

Board Development- Leading with Intent

This article highlights findings in [Leading with Intent: A National Index of Nonprofit Board Practices](#) and discusses how little boards have changed in recent years and how Executive Directors can gain more value from their boards by asking some “big idea” questions.

- **Do you have the dream team board?** When the full board and CEO of a social service agency brainstormed the dream team board together, they realized that they had connections to some ideal candidates who might have otherwise been presumed to be out of reach for the organization.
- **How do your board members know what the work of your board is?** The board of a professional association invites the incoming board members to the last meeting of the outgoing board members. As part of the onboarding ritual, together they review the results of the annual board assessment and identify board priorities for the coming year.
- **Do you engage the board in what matters most?** At the end of the meeting, a board member described a disappointed exchange he had with the health care organization’s staff. The CEO acknowledged the problem and promised to bring the issue back to the board. At the next meeting, the board examined the results of a customer satisfaction survey, and the CEO was able to glean valuable lessons learned from board members who had worked through this issue in corporate, government, and direct service backgrounds.

To read the entire article, click [here](#).

Grant FAQ

How can I ensure my invoices are processed as quickly as possible?

To ensure invoices are processed as quickly as possible, there are a several things you can do which include:

- Do not staple invoice (paper clip only);
- Print/ copy single-sided only;
- Ensure the address is included at the top of the invoice and is the same as the address provided in the W-9 you submitted for this contract;
- Always document match for the month/ quarter;
- Make sure salary percentages are no more than what is allowable in the contract;
- There should be no negative balances on the invoice.
- If you email your invoice, make sure it is a color scan and do NOT follow-up with a hard copy.

Upcoming Training

April 7th, 3-4:30

[Sheltering Part 2](#)

In the first discussion of Shelter(ing) some important questions were uncovered. Many participants were concerned about the experience LGBTQ survivors have in communal emergency shelters, and intrigued by discussion about programs who have changed their models to be more trauma sensitive, culturally competent and, in some cases, cost effective. This webinar will explore what our work can look like when shelter is seen as a verb, instead of a noun, how programs have made these changes, and the difference it has made for them in terms of providing services to LGBTQ folks.

April 10th, 2-3:30 Central

[Assessing Helpfulness for Immigrant Crime Victims](#)

The discussion will cover the ways in which immigrant crime victims can offer "helpfulness" qualifying them to receive U visa certifications from police, prosecutors and the Equal Employment Opportunity Commission. This webinar will cover FAQ's and common myths and facts about what qualifies as "helpfulness" by the Department of Homeland Security (DHS) for the purposes of U visa certification.

April 14th, 21st & 28th 3-5PM

[Understanding the Issues Surrounding Children with Disabilities](#)

This is a 3 session multidisciplinary course that will answer questions for family members and professionals about abuse and neglect against people with disabilities.



Resource- Mental Health and Substance Use Coercion Surveys

Research has demonstrated that survivors of domestic violence are at greater risk for experiencing a range of mental health and substance use conditions. Yet, most are not asked about their partners' efforts to undermine their sanity or sobriety, to control their medication and treatment, or to sabotage their recovery and access to resources and support—tactics referred to as mental health and substance use coercion. In the spring of 2012, the National Domestic Violence Hotline (NDVH) administered two pilot surveys designed to document these tactics. Download the full report [here](#).

Spotlight



The Bedford Police Department (BPD) and Bedford County Sheriff's Office (BCSO) both have patrol cars that are sporting a new look thanks to efforts of the Leanne Dudley of Bedford Domestic Violence Services (BDVS). She approached the BPD with the idea to promote awareness. The Chief then

Now each police department has one car wrapped with awareness messages, which will last for at least several years. Leanne said *"It is my belief that the culture of any agency starts with administration so I think that it demonstrates the culture of these two local law enforcement agencies that their Chief and Sheriff take this issue very seriously. I am very happy with how the cars turned out and get so excited when I see the patrol car driving through Bedford."*

We couldn't agree more! Way to go Bedford!

Self-Care Corner- Tips for Non-profit Staff

This author discusses the difficulty of real self-care in the non-profit sphere and offers some unconventional tips including:

- **Make a not-to-do list:** *Every once in a while, I make a to-do list, which I get through half-way, then other stuff gets in the way, and I abandon it. Then I started making not-to-do lists, and that was much easier.*
- **Stop feeling bad about self-care:** *It's amazing how many people stress out about self-care—"Eeek, I'm not doing enough self-care!" which I find to be very ironic. Dude, self-care is about feeling good.*

To read the entire article, click [here](#).

April 14th, 3-4:30

[Let's Talk About Sex: Sex-Positive Advocacy for Survivors of Sexual & Domestic Violence](#)

Participants will: explore personal & movement values as they relate to sex, SV and what it means to heal from trauma; build self-awareness & individual skills to provide holistic services; and increase organizational capacity & engage communities around sexual violence in a sex-positive context. Come prepared to have real talk about sex, healing & the possibilities for our movement to move beyond simply addressing harm and towards a vision of embodied sexual lives for all survivors.

April 22nd-23rd

[Building Healthy Futures Advanced Training](#)

Join the Action Alliance for this 2-day conference to engage in critical thinking on men's role in the movement to end SV & IPV. Hear a variety of perspectives on men's engagement and the multitude of critical questions that are raised as we deconstruct gender, masculinity, sexuality, and violence as it relates to both prevention and intervention programming.

Save the date!!

May 27-29th

[Virginia Coalition for the Prevention of Elder Abuse 21st Annual Conference](#)

Apply for a scholarship for the conference held every year in Virginia if you are a new attendee or haven't attended a conference within five years. Applications are available on the website.